

TO AL 7783 (uc)  
CC NAVMED NCA BETHESDA MD (uc)  
NAVMED WEST SAN DIEGO CA (uc)  
CNO WASHINGTON DC (uc)  
BUMED WASHINGTON DC (uc)  
CMC WASHINGTON DC (uc)  
NAVENVIRHLTHCEN PORTSMOUTH VA (uc)  
NAVMEDSUPPCOM JACKSONVILLE FL (uc)  
BCC /O=ORGANIZATION/OU=NAVMEDCENPOVA/CN=RECIPIENTS/CN=NEHC-V3

PASS TO OFFICE CODES

CNO WASHINGTON DC//N0931//  
BUMED WASHINGTON DC//00/09/M3//  
CMC WASHINGTON DC/HS//MRS//  
NAVENVIRHLTHCEN PORTSMOUTH VA//PH//  
NAVMEDSUPPCOM JACKSONVILLE FL  
UNCLAS //N06100//

MSGID/GENADMIN/NMSC JACKSONVILLE FL/FEB06// SUBJ/NAVY MEDICINE SUPPORT  
COMMAND INVITES MEDICAL LEADERSHIP TO CREWS INTO SHAPE// REF/A/DOC/CNO  
WASHINGTON DC/25FEB1992// REF/B/DOC/BUMED WASHINGTON DC/06JAN1992//  
NARR/REF A IS OPNAVINST 6100.2 NAVY HEALTH PROMOTION PROGRAM. REF B IS  
BUMEDINST 6110.13 HEALTH PROMOTION INSTRUCTION// POC/BOB

MACDONALD/MR/NEHC/LOC: PORTSMOUTH VA /TEL: COM 757-953-0974/TEL: DSN  
377// RMKS/1. THE SIXTH ANNUAL CREWS INTO SHAPE CHALLENGE IS A FUN,  
TEAM-ORIENTED WAY TO GET THE WHOLE NAVY FAMILY MOVING, DRINKING HEALTHY  
FLUIDS, AND EATING MORE FRUITS AND VEGETABLES. THIS 4-WEEK CHALLENGE  
IS SCHEDULED FROM 06 TO 31 MARCH 2006, IN CONJUNCTION WITH NATIONAL  
NUTRITION MONTH, 2. THE NAVY MEDICINE SUPPORT COMMAND INVITES NAVY  
MEDICAL TREATMENT FACILITIES (MTF) AND NAVY MEDICINE LEADERS TO FORM A  
CREW FROM AMONG YOUR STAFF TO PARTICIPATE IN THE CREWS INTO SHAPE  
PROGRAM. REGISTER YOUR CREW BY 28 FEBRUARY 2006 AT WWW-NEHC.MED.  
NAVY.MIL/HP/CREWS INTO SHAPE.

3. IN ADDITION TO THIS OPPORTUNITY TO LEAD BY EXAMPLE, MTF'S ARE  
ENCOURAGED TO PROMOTE THE CREWS INTO SHAPE CHALLENGE WITHIN THEIR  
SUPPORTED COMMUNITIES. MARKETING MATERIALS CAN BE FOUND ON THE CREWS  
INTO SHAPE WEBSITE AT [HTTP://WWW-  
NEHC.MED.NAVY.MIL/HP/CREWS INTO SHAPE/INDEX.HTM](http://www-nehc.med.navy.mil/hp/crews_into_shape/index.htm).

4. MORE INFORMATION AND PROGRAM GUIDANCE IS AVAILABLE AT THE NEHC-  
CREWS INTO SHAPE WEBSITE OR BY CONTACTING THE POC, BOB  
MACDONALD/NEHC/LOC:  
PORTSMOUTH VA /TEL: COM 757-953-0974/TEL: DSN 377//